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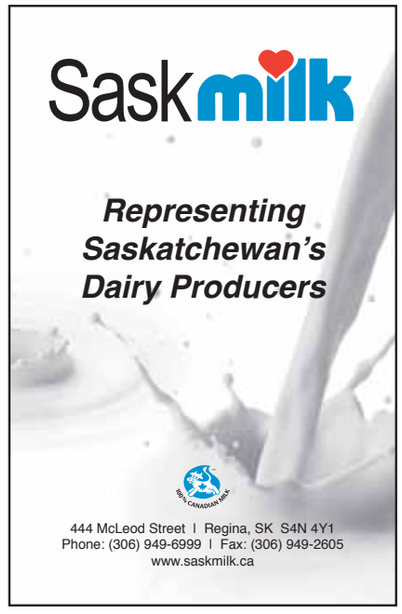
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Five killed on highways over long weekend

Three separate collisions. Pedestrian among the fatalities

It was a deadly Victoria Day long weekend on Saskatchewan highways, with several people killed in three collisions between Friday and Monday — including another pedestrian in the Regina area.

"Unfortunately, we have had five fatalities this weekend on Saskatchewan roads," RCMP spokesman Sgt. Craig Cleary told Metro on Monday.

"We certainly anticipate increased volumes of traffic on long weekends such as this, as Saskatchewan residents travel out and about."

A young woman was killed on Sunday shortly after 9:30 p.m. when she was hit by a vehicle while walking on Highway 11 between Regina and Lumsden.

"A southbound vehicle struck and killed a 19-year-old female from Regina who, according to witnesses, was walking in the middle of the highway," RCMP said in a release.

"The vehicle and driver remained at the scene following the accident."

The tragedy marks the third death of a pedestrian on high-speed Regina-area roadways within the past few weeks.

In two hit-and-run collisions, an 18-year-old Regina man died after he was struck by a vehicle on Ring Road earlier this month, and a 28-year-old woman was killed when she was hit at the intersection of Dewdney Avenue and Lewvan Drive in late April.

Another three people are dead after a Toyota Tundra pickup truck they were travelling in rear-ended a grader on Saturday afternoon on a grid road just south of Punnichy, about 120 kilometres north of Regina.

Two men, aged 37 and 47, of Sandy Bay and George Gordon First Nation, respectively, were reported dead by police at the scene. A 30-year-old woman, also of George Gordon First Nation, succumbed to injuries while being transported to hospital.

The lone occupant of the grader sustained minor injuries.

In central Saskatchewan, Jennifer Norman, 23, of Foam Lake was killed on Friday shortly after 10 p.m. when a car she was driving collided with a moose on Highway 35 just south of Bankend. RCMP found her dead in the Honda Civic, which was submerged in a body of water along the highway. MARCO VIGLIOTTI/METRO

THEIR MONDAY BEST

A dreary sky and intermittent showers didn't stop Regina residents from coming out on Victoria Day on Monday to enjoy the beginning of the Cathedral Village Arts Festival. The event began with a parade through the heart of the west-central community before activities kicked off at nearby Les Sherman Park. The annual festival typically attracts large crowds and colourful, intricate costumes. This year's festival runs until May 25. MARCO VIGLIOTTI/METRO

Tangerine
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'60s Scoop

Premiers asked to address aboriginal adoptions

Canada's aboriginal affairs ministers are asking the country's premiers to look at compensation, counselling and repatriation for thousands of aboriginal children adopted into white families during the so-called '60s Scoop.

The ministers met recently in Winnipeg and recommended that premiers set up a group to study the issue. The premiers are to meet in August on Prince Edward Island.

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities and raised in non-native households from the 1960s to the 1980s.

"It's an issue that's long gone unnoticed," Robinson said. "It's common decency that we begin addressing this."

It's estimated that up to 20,000 aboriginal children were taken from their homes by child welfare services and placed with non-aboriginal families. Many consider the adoptions an extension of residential schools.

Adoptees from the '60s Scoop have said they want an apology from the federal government.

THE CANADIAN PRESS

Saskatchewan's growing cricket community itches for pitches

Sticky wicket. Sport's recent popularity spike is fuelling demand for sufficient infrastructure in the province, say supporters

MORGAN MODJESKI
Metro in Saskatoon

Iftekhar Kalyar, president of the Saskatoon Cricket Association, left, and Raza Naqvi, director of the Saskatchewan Cricket Association, at a pitch at Saskatoon Forestry Farm Park and Zoo. Cricket supporters say infrastructure is not keeping up with the sport's popularity and are working with municipalities to change that. MORGAN MODJESKI/METRO IN SASKATOON

The sport of cricket is growing rapidly in Saskatchewan, but supporters say facilities for it aren't keeping pace.

As Saskatchewan's growing immigrant population fuels demand, supporters are working with city administrators to expand the places to play in Regina, Saskatoon and beyond.

"We're going to need another location soon because of the way the sport is growing," said Iftekhar Kalyar, president of the Saskatoon Cricket Association (SCA), which has grown from one team to seven in the past three years.

Working with the city, the SCA is scouting locations for cricket pitches and grounds other than at Saskatoon Forestry Farm Park and Zoo.

"Four years ago, there was only cricket played in Saskatoon and Regina," Kalyar said.

"Now we have one team in Estevan and one team in Yorkton … and until they get a ground, they're going to be looking toward Saskatoon and Regina."

Regina is gathering input from the public after the number of teams in the Queen City has grown from two to 15 since 2010.

"The City of Regina is just soliciting input from citizens about the potential for cricket practice batting cages at the Mount Pleasant tennis courts," said Janine Daradich, co-ordinator of recreation facility development.

Cary Humphrey, Saskatoon's municipal director of recreation and sport, said his staff is examining three locations, including Bishop James P. Mahoney Park and Pierre Radisson Park. His department would determine costs for construction and submit a proposal for budget deliberations.

"We're certainly more than prepared to partner with cricket from a capital perspective to help them move that along," Humphrey said.

Raza Naqvi, director of the Saskatchewan Cricket Association, said the trend reaches across Canada and will continue.

"With new immigrants coming in and also Canadian people getting exposure to cricket," Naqvi said, "I see cricket growing exponentially."

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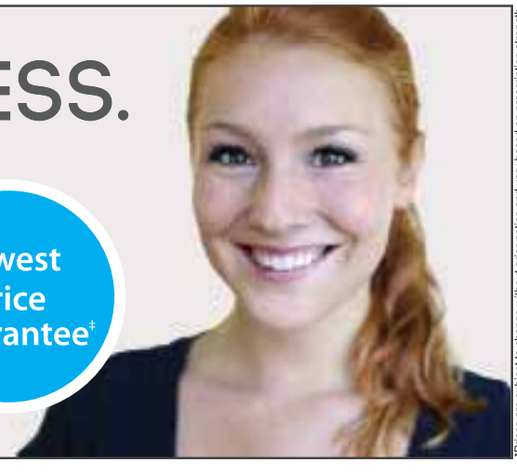

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Reports: Mine officials ignored warning signs

Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the Turkish War of Independence in Ankara. BURHAN OZBILICI/THE ASSOCIATED PRESS

High gas levels. Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir. THE ASSOCIATED PRESS

Ukraine. Putin orders Russian troops deployed near border to pull back

In what could be an attempt to ease tensions with the West and avoid more sanctions, President Vladimir Putin ordered Russian troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach suggested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without having to send in troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east that forms the industrial heartland.

The continued unrest in the east is serving Putin by making it difficult for the government in Kyiv to consolidate its control in the region.

Putin specifically ordered Defence Minister Sergei Shoigu to pull back the forces involved in the "planned spring drills" in the Rostov, Belgorod and Bryansk regions to their home bases, the Kremlin said.

The order appears to go further than a similar statement by the Russian leader two weeks ago that troops were being pulled back from the border to shooting ranges.

The three regions border Ukraine, and the withdrawal of troops deployed there would signal a genuine attempt by Moscow to de-escalate the worst crisis in its relations with the West since the Cold War. It also would be easily verifiable by Western intelligence. The U.S. and NATO said they saw no sign of a pullout after Putin's earlier claim of a withdrawal.

Ukraine is to vote on a successor to Kremlin-friendly President Viktor Yanukovych, who was ousted in February following months of protests in Kyiv. THE ASSOCIATED PRESS

Syrian conflict death toll over 160K: Rights group

The death toll in Syria's three-year conflict has climbed past 160,000, an activist group said Monday, a harrowing figure that reflects the relentless bloodletting in a civil war that appears no closer to being resolved.

The grim tally, however, only presents one facet of the tremendous suffering that Syrians have endured since the revolt against President Bashar Assad erupted in March 2011. The crisis has also uprooted some 6.5 million people from their homes, forced 2.7 million to flee the country, laid waste to cities and towns alike and unleashed sectarian hatreds that have rippled across the region.

The Britain-based Syrian Observatory for Human Rights said Monday it has documented 162,402 deaths in the conflict, including civilians, rebels and members of the Syrian military. That figure also contains militiamen, such as members of the Lebanese Hezbollah militant group who have been fighting alongside Assad's forces, as well as foreign fighters among the opposition forces.

The Observatory remains the sole organization providing a reliable tally of Syria's dead. The United Nations has stopped updating its tally of the Syrian dead, saying it can no longer verify the information.

The Observatory bases its figures on information it obtains from a network of activists inside Syria. Its numbers are based on the names of those killed, collected by activists who document the dead in hospitals, morgues and identify them from video materials.

Civilians comprised about a third of the Observatory's new toll. Those deaths include 8,607 children and 5,586 women. The Observatory considers its tally an estimate and said the figure of those killed was higher than the sum of subcategories.

Syria's uprising began with largely peaceful protests against Assad's rule before slowly turning into a civil war. The conflict has taken on sectarian overtones, with predominantly Sunni Muslim rebels battling an Assad government dominated by Alawites, an offshoot of Shiite Islam. THE ASSOCIATED PRESS

A Syrian teenager inspects the rubble of houses that were destroyed by air strikes from government forces in Aleppo, Syria. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

Highway 16 near Prince George, B.C., is pictured in this 2012 photo. Inset: Lana Derrick is shown in an RCMP handout.
JONATHAN HAYWARD/THE CANADIAN PRESS; INSET: THE CANADIAN PRESS/RCMP

2006 report could help with Hwy. 16

'Highway of Tears.' A series of murders and disappearances of women along 800 kilometres of the route remain unsolved

Sally Gibson has been waiting nearly two decades for answers about what became of her niece, a 19-year-old forestry student from a small First Nation community in northern B.C. who vanished along the Highway of Tears.

There's the official story: Lana Derrick was out with some friends and at some point ended up in a car with two unidentified men, with whom she was last seen at a gas station along Highway 16 near Terrace in the morning of Oct. 7, 1995.

But that's just one of the many theories, rumours and guesses Gibson and her relatives have heard over the years, a painful reminder that no one — not the family, not the police — has any idea about what happened.

"We have heard so many different stories and have been told so many different things that we don't even know," said Gibson from her home in Gitanyow, the First Nations reserve where Derrick grew up.

"It isn't like Lana died and we went and buried her and the pain will go away. She totally disappeared. That's an open wound."

Derrick's disappearance brought her family into a community of loss and despair, joining the relatives of at least 18 women and girls who disappeared or were murdered along Highway 16 and two adjacent highways.

There are the yearly walks, the memorial ceremonies and the shared frustration that the provincial government has yet to act on dozens of recommendations to protect vulnerable women in B.C.'s north.

First Nations groups and municipal officials say the province should have acted years ago using a blueprint it already has: a 2006 report with 33 recommendations to improve transportation, discourage hitchhiking and prevent violence against aboriginal women and girls.

That report was endorsed by a public inquiry report released in December 2012, which called for urgent action. The report was crafted by several First Nations groups after the Highway of Tears Symposium. Its first recommendation was a shuttle bus network along more than 700 kilometres of Highway 16 that runs from Prince Rupert to Prince George.

Other recommendations included education for aboriginal youth, improved health and social services in remote communities, counselling and mental health teams made up of aboriginal workers, more comprehensive victims' services and funds to pay for it all.

Wendy Kellas, who works on the Highway of Tears issue for Carrier Sekani Family Services, wants provincial funding to examine whether any of the recommendations need to be updated.

Still, she said most of the 2006 recommendations remain relevant, including the need for better services for aboriginal women and also for the families of the murdered and missing.

Justice Minister Suzanne Anton insists the highway is safe, pointing out that transportation options include a health shuttle for medical patients and Greyhound bus service, which was cut last year.

THE CANADIAN PRESS

Investigation

The 18 women and girls, whose deaths and disappearances are part of the RCMP's investigation, ranged in age from 12 to 25.

- The first to disappear was Gloria Moody from the Williams Lake area, who was found dead in October 1969.
- While official sources list the number of victims at 18, aboriginal leaders estimate the number could be as high as 43.
- Most victims were either found or last seen near the 800-kilometre section of Highway 16 between Prince George and Prince Rupert, B.C.

London Islamic cleric convicted in terror trial

An Egyptian Islamic preacher whose fiery sermons before and after 9-11 attracted extremists to his London mosque was convicted Monday in a trial that a prosecutor said should provide justice for the victims of a kidnapping in Yemen more than a decade ago.

The 56-year-old cleric, Mustafa Kamel Mustafa, was found guilty just weeks after an al-Qaida spokesman was convicted.

Mustafa was accused of providing material support to terrorist organizations by enabling hostage takers in the Yemen kidnapping to speak on a satellite phone, by sending men to establish an al-Qaida training camp in Oregon and by sending at least one man to training camps in Afghanistan.

He was extradited in 2012 from England, where he led London's Finsbury Park Mosque in the 1990s, reportedly attended by both Sept. 11 conspirator Zacarias Moussaoui and shoe bomber Richard Reid. Mustafa denied that he ever met them.

Mustafa looked straight ahead as the verdict was read. Sentencing was set for Sept. 8, when he faces a maximum of life in prison.

Defence attorney Joshua Dratel said the verdict was "not about the evidence but about a visceral reaction to the defendant."

U.S. Attorney Preet Bharara said Mustafa "attempted to portray himself as a preacher of faith but he was, instead, a trainer of terrorists." Britain's interior minister, Home Secretary Theresa May, said that she was pleased and that the conviction vindicated the government's years-long fight to extradite the radical cleric. THE ASSOCIATED PRESS

Britain vindicated

"He used every opportunity, over many years, to frustrate and delay the extradition process."

Britain's interior minister, Home Secretary Theresa May, saying that the conviction vindicates the British government's years-long fight to extradite the cleric

Justice

- In his closing argument, Assistant U.S. Attorney Ian McGinley read aloud the names of four European tourists who died in 1998 in Yemen after their convoy of cars was overtaken by extremist Islamic kidnappers whom Mustafa had given a satellite phone. McGinley said a guilty verdict would provide a measure of justice for them and another dozen hostages who survived.
- "Don't let the passage of time diminish what he did," said McGinley.

Halifax welcomes the Heir

Prince Charles and Camilla watch traditional dancers while touring a farmer's market Monday in Halifax, their first stop in a four-day visit to Canada. The visit by the Prince of Wales and the duchess is meant to celebrate Canada's past and future at a time when a number of anniversaries will be commemorated. PAUL CHIASSON/THE CANADIAN PRESS

Candidate ban

Justin cites Pierre

Liberal Leader Justin Trudeau says he is following an example set by his famous father when it comes to his position on election candidates and abortion.

In an email to supporters Monday, Trudeau offered a "personal reflection" to anyone who has concerns about his decision to turn away new candidates who are unwilling to vote pro-choice.

"I had an extraordinary example in a father who ... went to church every Sunday, read the Bible regularly to us and raised us very religiously.

"But at the same time my father had no problem legalizing divorce, decriminalizing homosexuality," and recognizing basic rights. THE CANADIAN PRESS

Canada's female jails

Prison renos near

Canada is set to complete an expansion of women's prisons this month with new rooms to accommodate mothers and their babies.

THE CANADIAN PRESS

Spiritual hunters wait to aid search

Kidnapped school girls. Approximately 500 hunters await backing from Nigerian military to join pursuit of Boko Haram

Traditional hunters armed with homemade guns, poisoned spears and amulets have gathered in Nigeria in their hundreds, eager to use their skills and what they believe to be supernatural powers to help find nearly 300 schoolgirls abducted by Islamic extremists.

Some 500 hunters, some as young as 18 and some in their 80s, say they have been specially selected by their peers for their spiritual hunting skills and have been waiting for two weeks in Maiduguri, the Borno state capital and the birthplace of Boko Haram, to get backing from the military and get moving.

With Nigeria's military accused by many citizens of not doing enough to rescue the girls, the hunters demonstrated their skills to an Associated Press reporter on Sunday.

Cow horn trumpets echoed eerie war cries from the screaming and chanting men as they twirled knives and swords with dexterity, occasionally stabbing and cutting themselves with no apparent harm.

The hunters claimed their magic charms prevented any blood being drawn. They also trust amulets of herbs and other substances wrapped in leather pouches as well as cowrie shells, animal teeth and leather bracelets to protect them from bullets.

A military spokesman did not immediately respond to an emailed question from AP on whether it would take advantage of the hunters' local knowledge. THE ASSOCIATED PRESS

In this photo taken Sunday in Maiduguri, Nigeria, armed hunters gather in hopes of helping find 300 abducted school girls. HARUNA UMAR/THE ASSOCIATED PRESS

What's 20 metres tall, 40 metres long and 90 million years old?

Pablo Puerta from the Museo Paletontolgico Egidio Feruglio lies alongside a sauropod dinosaur femur in Trelew, Argentina. Scientists in Argentina have uncovered huge bones that could be from the largest dinosaur yet found, a kind of titanosaur that munched treetops more than 90 million years ago. It's estimated the beast reached 20 metres tall, 40 metres long and weighed the equivalent of 14 or 15 adult African elephants.

JOSE MARIA FARFAGLIA/THE ASSOCIATED PRESS

Gay rights. Judge reverses ban on same-sex marriage

A federal judge on Monday struck down a voter-approved ban on gay marriage in the northwestern state of Oregon, calling it unconstitutional, in the latest legal victory for advocates of same-sex marriage.

U.S. District Judge Michael McShane joined judges in seven other states who have struck down gay-marriage bans this year, though appeals are underway and the issue is expected to be settled by the U.S. Supreme Court.

He said the ban unconstitutionally discriminates against same-sex couples and ordered Oregon not to enforce it. State officials earlier refused to defend the constitutional ban in court.

The U.S. Supreme Court last year struck down the 1996 Defence of Marriage Act, which barred the federal government from recognizing same-sex marriage. It determined the law improperly deprived gay couples of due process.

But opposition remains stiff in many places. Critics note most states still do not allow gay marriage and that in most of those that do, it was the work of courts or legislatures, not the will of the people.

Oregon state officials have said they'd be prepared to carry out same-sex marriages almost immediately, and couples lined up outside the county clerk's office in Portland in anticipation of McShane's decision.

THE ASSOCIATED PRESS

Costly divorce. Billions may be awarded to ex-wife

A Swiss court has ordered a Russian billionaire to pay more than $4.5 billion to his ex-wife in what could become the biggest divorce settlement in history.

In papers delivered Monday to both parties, the Geneva Tribunal of First Instance said Dmitry Rybolovlev, an owner of the French soccer club AS Monaco, must pay 4,020,555,987.80 Swiss francs ($4,509,375,184.80) to ex-wife Elena Rybolovleva of Geneva. Both are aged 47.

The judgment also granted his ex-wife property worth 130.5 million francs ($146 million) in property in Gstaad, Switzerland, where the couple owned two swanky chalets. It awarded his ex-wife two other pieces of real estate in the ultra-wealthy area of Geneva known as Cologny, where the couple once lived together, but listed no value for either address. And it confirmed her custody of their 13-year-old daughter, Anna.

THE ASSOCIATED PRESS

President of the football club AS Monaco, Dmitry Rybolovlev of Russia. LIONEL CIRONNEAU/THE ASSOCIATED PRESS

New York City

Cleric convicted of aiding terrorists

An Egyptian Islamic preacher was convicted Monday in a trial that a prosecutor said should provide justice for the victims of a kidnapping in Yemen more than a decade ago.

Mustafa Kamel Mustafa, 56, was found guilty just weeks after an al-Qaida spokesman was convicted. Mustafa was accused of providing material support to terrorist organizations.

THE ASSOCIATED PRESS

Counter-terrorism

CIA to stop using vaccine programs as cover for spying

A top White House official has assured the deans of prominent U.S. public health schools that the CIA will no longer use vaccination programs as cover for spying operations. The agency used the ruse in targeting Osama bin Laden before the U.S. raid that killed him in 2011.

THE ASSOCIATED PRESSS

Trek for help

Bear attack victim's actions called 'heroic'

A woman attacked by a brown bear on an Alaskan military base struggled to walk three kilometres on a windy, uphill path to get help, officials said Monday.

Mark Sledge, base conservation law-enforcement officer, said at a news conference that the woman is lucky to be alive.

THE ASSOCIATED PRESS

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Leviathans under threat.
A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.
- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.
- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.
- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF

Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.

Vertebrae are stacked and tagged with poker chips before transport. KATE ALLEN/TORSTAR NEWS SERVICE

Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)

Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

A WHALE

TORSTAR NEWS SERVICE

Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.

A cross-section of the whale's aorta. KATE ALLEN/TORSTAR NEWS SERVICE

Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.

Burton Lim samples spleen. KATE ALLEN/TORSTAR NEWS SERVICE

Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE

Workers get down to the skeletal remains of the whale. KATE ALLEN/TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin

The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

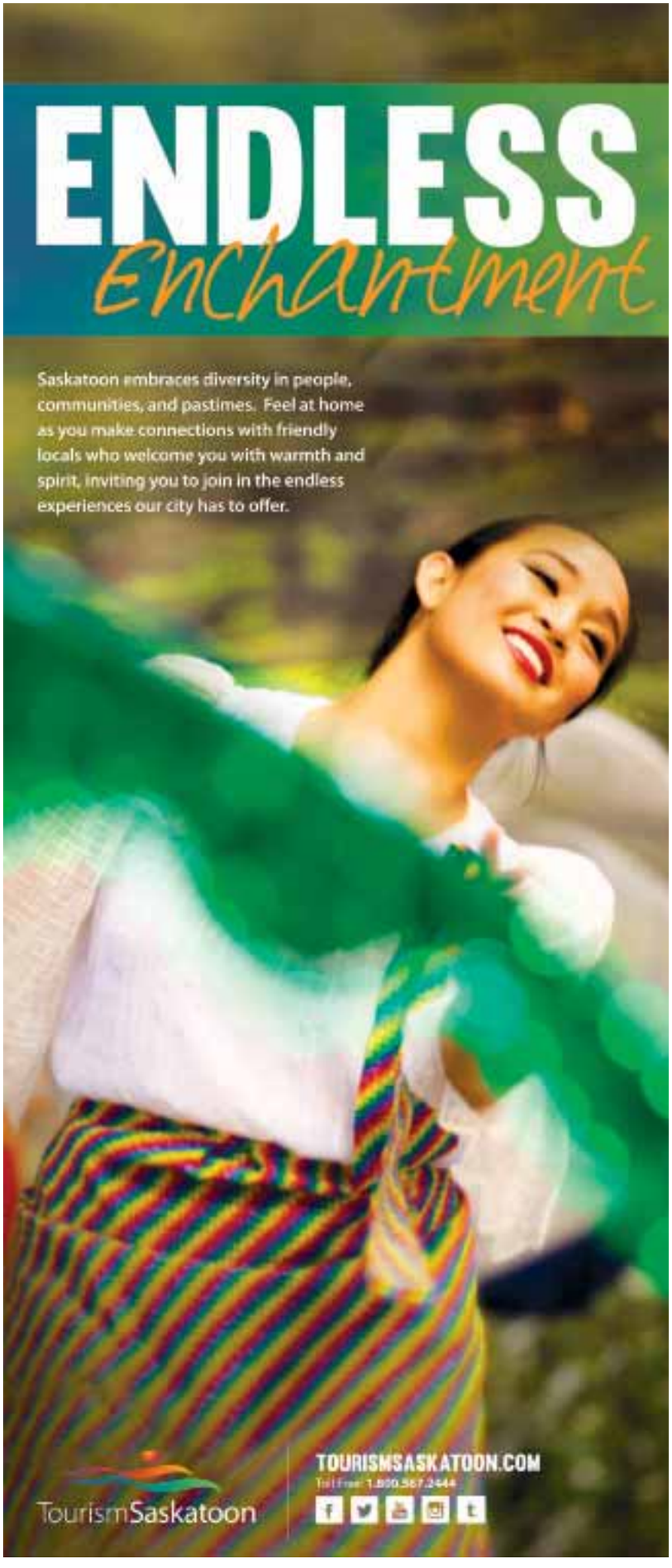
"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE

Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE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Thais take to the streets as unrest continues

Anti-government protesters blow whistles and show money that they will donate to their leader Suthep Thaugsuban during a march through streets in Bangkok, Thailand, Monday. Thailand's political crisis deepened last week when the Constitutional Court removed Prime Minister Yingluck Shinawatra for nepotism along with nine cabinet members in a case that many viewed as politically motivated. Protesters say Yingluck's removal is not enough, though. She was simply replaced by Niwattumrong, who was a deputy premier from the ruling party. SAKCHAI LALIT/THE ASSOCIATED PRESS

Google buys into the BYOD trend

Bring your own device. As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Monday were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive information.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system.

Divide also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will continue to work.

Divide, originally known as Enterproid, was founded four years ago by former Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

THE ASSOCIATED PRESS

Robocalls. Feds find more than 8,000 orphan phones

The federal government has been running a massive robocall campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury Board and other big departments that allows them to ring their own office numbers to find out whether a lowly bureaucrat actually lifts the receiver at the other end.

So far, there have been no answers at 8,000 desktop telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle. The system actively monitors any outgoing calls from these suspect lines and sends a report to Shared Services Canada alerting officials if the line is in use after all. THE CANADIAN PRESS

Takeover offer

AstraZeneca rejects Pfizer's $119B offer

The board of AstraZeneca on Monday rejected the improved $119 billion US takeover offer from U.S. drug-maker Pfizer, a decision that caused a sharp slide in the U.K. company's share price as many investors think it effectively brings an end to the protracted and increasingly bitter takeover saga.

The board said in a statement that it "reiterates its confidence in AstraZeneca's ability to deliver on its prospects as an independent, science-led business."

THE ASSOCIATED PRESS

SLEEP-HACK YOUR WAY TO SUCCESS?

SHE SAYS

Jessica Napier
metronews.ca

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shuteye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six-and-a-half hours a night lived the longest.

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and $250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness ...

In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/ NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.
THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

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MetroTube

Call of the cattle man

ANDREW FIFIELD
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.

GETTY IMAGES FILE

(Via HNHD/YouTube)

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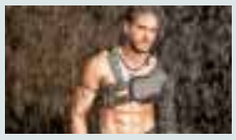
See that symbol? It means you can scan the photograph below with your Metro News app. What happens when you try to fly baby dragons?

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking.

PETER HOWELL

Ebooks

The Performing Arts in Canada: A Celebration

By. Governor General's Performing Arts Award

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Kris Abel
@RealKrisAbel
scene@metronews.ca

Using timelines, short films, and acceptance speech clips to transform an awards ceremony into an interactive book is a fantastic idea. True, the Governor General's Awards are more prestigious than entertaining, lack video content for their older years, but they do highlight the best names in TV, film, dance, music, and theatre. Plus this collection has William Shatner hilariously speak-singing O Canada.

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Jay Baruchel is the voice of the young Viking Hiccup in How To Train Your Dragon 2. CONTRIBUTED

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of How to Train Your Dragon 2, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series Undeclared, is best known for his comedies, including Knocked Up and last summer's This Is the End. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

When you, your co-stars and a large model of the dragon from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.

You've now spent some seven years on Dragon, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as an important as How to Train Your Dragon. We all knew it was a good movie, but I don't know if any of us expected to it be a global phenomenon.

The hockey comedy you co-wrote, Goon, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one. Hopefully if we get to make number two — I was writing it in my room yesterday — we'll get to do it properly in the States.

THE ASSOCIATED PRESS

Lucas '90s parody film gets re-release

A long time ago, in a galaxy without YouTube or Facebook, a group of young aspiring filmmakers wanted to release a short parody film.

The year was 1998 and friends Joe Nussbaum, Joseph Levy, Dan Shere and Tim Dowling were struggling to launch their careers. They noticed that other wannabe directors were making names for themselves by creating short mash-up movies, like Swing Blade and Feeding Las Vegas.

And so George Lucas in Love was born — a nine-minute parody of Shakespeare in Love that focuses on a young George Lucas (Martin Hynes) struggling to write a screenplay. He winds up finding inspiration in some familiar characters, including a stoner roommate obsessed with a "cosmic force," and an attractive young lady with a distinctive bun hairstyle.

Without many of the tools available to young filmmakers today, the four friends produced the film in two months and sent some 300 VHS tapes to studio executives in May 1999. It went on to win praise from big-name directors — including Lucas himself — and to premiere at the Toronto International Film Festival later that year. Now, George Lucas in Love is celebrating its 15th anniversary and will be re-released in high definition on iTunes and select video on demand platforms on Tuesday.

THE CANADIAN PRESS

A scene from George Lucas in Love. CONTRIBUTED

Deryck Whibley ALL PHOTOS GETTY IMAGES

Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of him in the hospital. "I was drinking hard every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Solange, Solange, will we ever know?

STARGAZING
Malene Arpe
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."

Heidi Klum

For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did everything for the children. He says Heidi is a lovely person, but he had to do what was right for him He's really sad."

But a hefty financial send-off from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.

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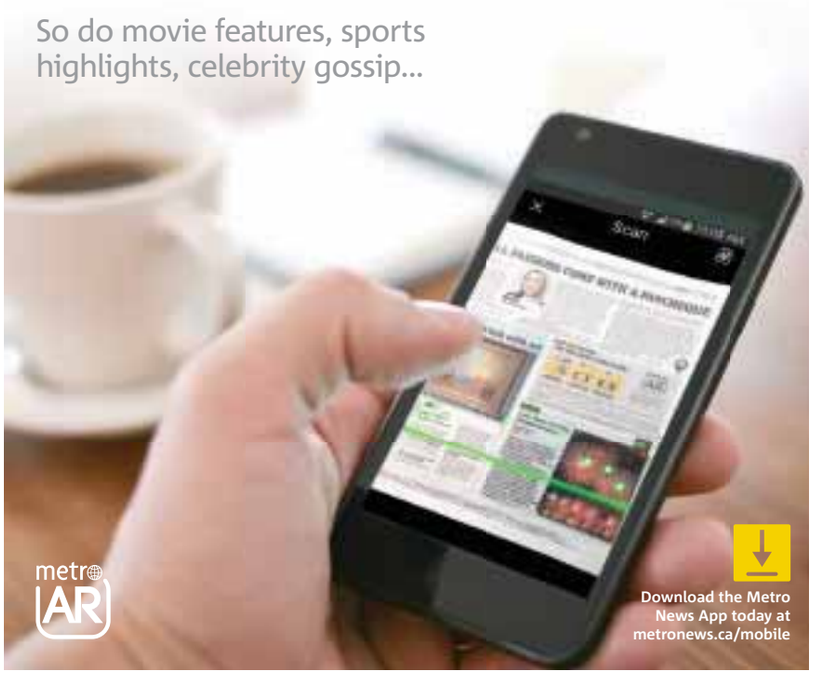

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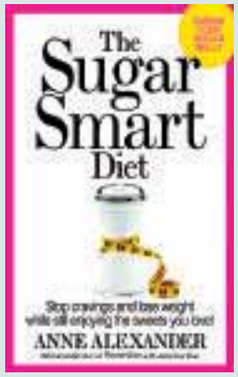
LIFE 3

Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill. Anne Alexander, author of The Sugar Smart Diet, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.

Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.

It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

Dieting brides, think long-term

Pressure from family and friends is wedlocking women into weight gain. New research from Flinders University in Adelaide, Australia, shows the demands of those nearest and dearest to the brides-to-be encouraging her to lose weight actually had the opposite effect.

Ivanka Prichard, lead researcher in the study, explains what the findings mean.

Where does the pressure for brides to lose weight come from?
Research shows that it stems from a number of sources — mothers of the bride, their fiancé, friends, bridal dressmakers and the media.

How do these findings differ from past studies on post-wedding weight gain?
They highlight the importance of pressure from others to lose weight for a wedding: Women who had been told to lose weight for their big day actually gained closer to nine pounds in the six months afterwards.

How did women who weren't under peer pressure fare?
They gained less weight. On average, four pounds.

Apart from pre-wedding dieting being ineffective in the long term, what are other dangers of extreme dieting?
Extreme dieting prior to the wedding could lead to eating disorders that continue later on.
Any dietary changes in the lead-up to a wedding should be focused on healthy eating and something that is maintainable after the early days of marriage.

Is pre-wedding dieting actually detrimental to long-term weight loss?
In general, research shows weight gain is common after dieting. The best way to achieve long-term weight loss is to modify health-related behaviours, such as increased physical activity and healthy eating, and maintain this change in the long term.

EDWARD THOMPSON, METRO WORLD NEWS

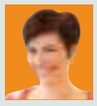
Dieting is also a key factor in increased weight gain. ISTOCK

See that symbol? It means you can scan the photograph below with your Metro News app.
How much work goes into making the 1 teaspoon of honey? Theresa Albert finds out.

Bit of honey makes squid yummy

Health Solutions

Calamari gets a sizzling makeover



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Red Rice Bowl with Buttered Calamari. The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

THERESA ALBERT
myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

This recipe uses red rice or brown basmati.

Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

This recipe serves four. THERESA ALBERT

Ingredients

- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)

Dressing

- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp dried sumac or lemon peel
- 1 clove garlic, minced
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
- 1 tbsp butter
- 1 clove garlic

1. Remove calamari rings from freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20-25 minutes while you prepare dressing and calamari.

3. Mix together ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tbsp to drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir in all but 2 tbsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

FLASH FOOD

From your fridge to your table in 30 minutes or less

Crab and shrimp play together in fried dish

If you find fresh peas at the farmer's market, by all means scoop them up. But keep in mind that the sugar in fresh peas starts turning to starch the minute they're harvested, so be sure to bring them home, shell them and boil them right away.

1. Heat the oven to 300 F.

2. In food processor, pulse shrimp until finely chopped, but not reduced to paste.

3. Transfer the chopped shrimp to a medium bowl and add the egg and egg yolk, peas, scallions, 2/3 cup of the panko, the mayonnaise, tarragon, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Stir well, then gently fold in the crabmeat.

4. Divide the mixture into 8 portions, shaping each into a patty. Coat the patties with the remaining panko.

5. In a large, nonstick skillet over medium-high, heat 1 tablespoon of the oil. Reduce the heat to medium, then add 4 of the patties and cook until golden, about 4 minutes per side. Transfer patties to rimmed baking sheet and place them in the oven to keep warm. Repeat with the remaining patties, using the remaining 1 tablespoon of oil in the skillet.

6. Meanwhile, in a small bowl whisk together the sour cream, radishes and horseradish. Season with salt and pepper.

7. To serve, arrange 2 patties per plate and top with the radish sauce.

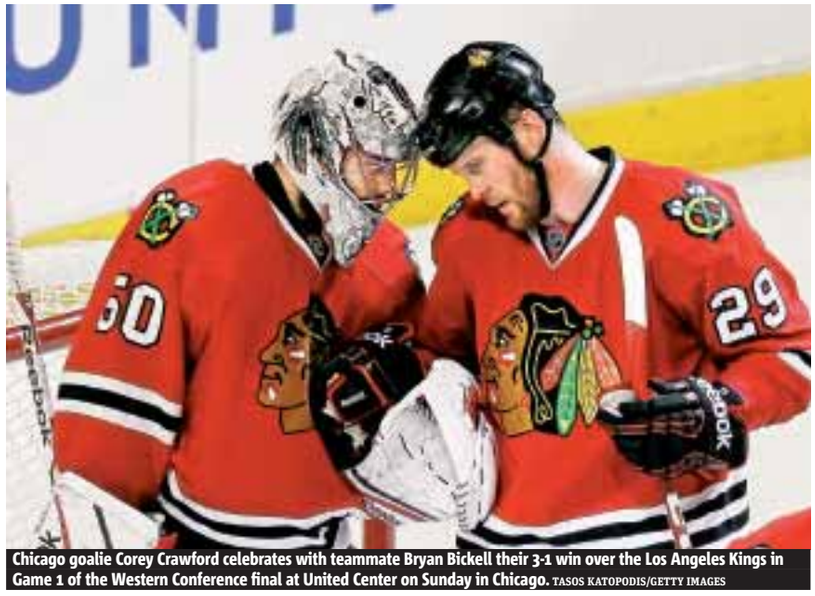
THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1/2 lb peeled and deveined cooked shrimp
- 1 large egg, plus 1 egg yolk
- 1 cup cooked English peas or thawed frozen peas
- 1/2 cup finely chopped scallions
- 1 2/3 cups panko bread crumbs, divided
- 1/4 cup light mayonnaise
- 1 to 2 tbsp chopped fresh tarragon, or to taste
- Kosher salt and ground black pepper
- 1/2 lb lump crabmeat, picked over for any shells
- 2 tbsp vegetable oil, divided
- 1/4 cup plus 2 tbsp light sour cream
- 1 cup coarsely shredded red radishes
- 1 tbsp bottled horseradish (do not drain)

Chicago's defence shows its teeth

NHL playoffs.
Defending Stanley Cup champs a tough nut to crack even for the powerful L.A. Kings



Chicago goalie Corey Crawford celebrates with teammate Bryan Bickell their 3-1 win over the Los Angeles Kings in Game 1 of the Western Conference final at United Center on Sunday in Chicago. TASOS KATOPODIS/GETTY IMAGES

Sure, the Chicago Blackhawks have no shortage of skilled forwards with a history of clutch goals.

Scoring against the defending champions isn't easy, either.

The Los Angeles Kings found out just how difficult it can be during Sunday's 3-1 loss in Game 1 of the Western Conference final, whether they were being stopped by goalie Corey Crawford or one of his teammates. The best-of-seven series continues Wednesday in Chicago.

"We had a lot of good opportunities," Kings coach Darryl Sutter said Monday. "I think you have to give Crawford a lot of credit."

Crawford continued his strong post-season play with 25 saves in Chicago's third consecutive win. He has allowed three goals during the win streak, and his 1.90 goals-against average and .933 save percentage in the playoffs leads the NHL.

But it isn't just the guy in net. Others are stepping up for the Blackhawks.

The Blackhawks shut down the Kings' top line of Dustin Brown, Anze Kopitar and Marian Gaborik, who came in with 16 goals and 24 assists in 14 playoff games.

Kopitar entered the series with five goals and 14 assists, while Gaborik has a playoff-best nine goals. But they had little effect on Sunday's game.

The Blackhawks had Jonathan Toews' line matched against them on even-strength shifts until the final minute, and all those three could muster was a combined six shots.

Kopitar and Toews are finalists for this year's Selke Trophy, given to the NHL's best defensive forward. Toews won the award last year. Marian Hossa, who plays on the same line as Toews, also is one of the league's best defensive forwards.

Toews came through with a big goal in the third period after having one disallowed earlier in the game. Hossa had two assists, and the Blackhawks improved to 7-0 at home in the post-season this year.

"They've got top players, top scorers, on their first line," Hossa said. "You want to make sure you know where they are on the ice. In Game 1, I thought we did a pretty good job. They still had some chances, but (Crawford) was great for us."

Crawford had several neat stops after Los Angeles tied it at 1 early in the second, denying Kyle Clifford on a 2-on-1 rush and stopping Gaborik and Brown in rapid succession midway through the period.

THE ASSOCIATED PRESS

NHL

Blues re-sign Elliott, part with Ryan Miller

The St. Louis Blues have re-signed goalie Brian Elliott to a three-year contract and will not pursue a new deal with Ryan Miller.

General manager Doug Armstrong said Monday the team took a calculated risk acquiring Miller from Buffalo, hoping he could lead the franchise to its first Stanley Cup. But the Blues were eliminated in the first round of the playoffs.

THE ASSOCIATED PRESS

NHL playoffs

Price out for the series

Without Carey Price, the run for a first Stanley Cup in 21 years got steeper and longer for the Canadiens.

Coach Michel Therrien looked grim and even angry as he delivered the news Monday morning that the goaltender who backstopped Canada to gold at the Sochi Olympics will miss the rest of the NHL Eastern Conference final.

"Carey Price won't be able to play, not only for tonight but for the rest of the series," said Therrien. "Really disappointed. He's our best player."

THE CANADIAN PRESS

On the web

Go to metronews.ca for the result of Game 2 of the Eastern Conference final.

Expect 'a little more' from LeBron in Game 2

LeBron James is ready to help the Miami Heat get even against the Indiana Pacers.

After spending Sunday night and Monday morning sifting through Sunday's Game 1 loss, the Heat are ready to start over in Game 2 on Tuesday night.

Starting with James.

"My approach is the same every game: try to put pressure on the defence, try to get to the free-throw line to help us win," James said. "I got to the rim, I got my shots going, but I've got to do a little more, too."

While Heat coach Erik Spoelstra acknowledged the tape was every bit as bad as it looked in person, he didn't drop any hints about what might change.

To the Pacers, that means one thing: expect James to do even more than he usually does. Nobody understands that better than Paul George.

Over the past two years, these teams have met 15 times, with George usually drawing the seemingly impossible task of defending James.

He's seen it up close — as James got past him for the winning shot in Game 1 of last year's conference finals — and from afar, such as last week when James almost single-handedly sent Miami past Brooklyn with 49 points in Game 4.

"He (James) will shoulder everything. I think he's going to be much more aggressive with the ball," George said.

THE ASSOCIATED PRESS

Invincible?

39

The Heat haven't lost back-to-back playoff games since the 2012 conference finals, a total of 39 post-seasons games. The Pacers could break that streak on Tuesday.

In Pontiac, a clunker rusts

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and its innards dark and mould-covered. The current owner's determined to cash in, putting everything inside up for auction starting on Wednesday. CARLOS OSORIO/THE ASSOCIATED PRESS

Scan the image with your Metro News app to see more images of the ghost stadium in Michigan.

Horoscopes

♈ Aries
March 21 - April 20
Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

♉ Taurus
April 21 - May 21
Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

♊ Gemini
May 22 - June 21
You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

♋ Cancer
June 22 - July 23
You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

♌ Leo
July 24 - Aug. 23
You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

♍ Virgo
Aug. 24 - Sept. 23
It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

♎ Libra
Sept. 24 - Oct. 23
You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

♏ Scorpio
Oct. 24 - Nov. 22
You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

♐ Sagittarius
Nov. 23 - Dec. 21
It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

♒ Aquarius
Jan. 21 - Feb. 19
It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

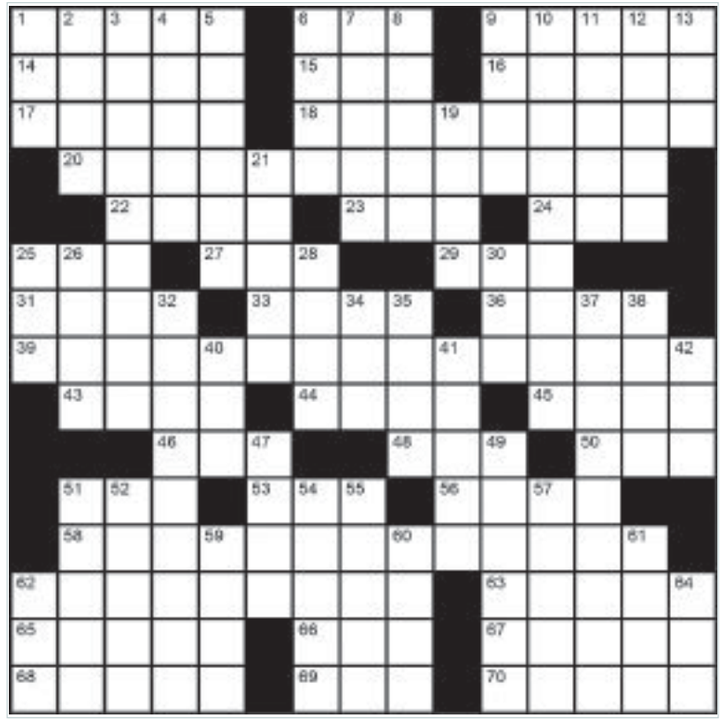
♓ Pisces
Feb. 20 - March 20
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

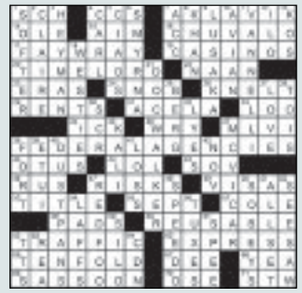
BY KELLY ANN BUCHANAN



Across
1. The __. ("Cherish" '60s band, briefly)
6. Sports: Patriots' gr.
9. Actor Mr. Griffin
14. Bing Crosby's "__-__-Loo-Ra-Loo-Ral"
15. Philosopher, __-tzu
16. Hokey
17. Heroism [var. sp.]
18. Swiss __ __
20. Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
22. Katy Perry hit
23. Freelancer's encl.
24. "Cold Mountain" (2003) role
25. Hawaiian fish
27. Fleur-de-quoi?
29. QC city
31. Tart
33. Three-__ sloth
36. Belonging to an '80s TV alien
39. Servings from Mommy's kitchen: 3 wds.
43. Letters beside GHJKL
44. "Finding __" (2003)
45. 2010 Ringo Starr album: '_ __'
46. Radio setting [abbr.]
48. Gremlin
50. Flames, on scoreboards
51. Whale sort
53. Muesli tidbit
56. Carefree
58. Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
62. New York's famed artsy school
63. High nest, variantly
65. Play part, __ __ __
66. Mr. Chaney
67. "I __ _ break!"
68. 2003 to 2004 sitcom, "Oliver __"
69. Singer Salonga
70. Wooden

Down
1. Four-wheeler, e.g.
2. Cleanser
3. Glassy/sunny extensions
4. Storm aka __ Munroe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
5. Felix __, Canadian electronica producer
6. Jai __
7. Barn locales
8. Cage the Elephant's "__ _ Little Closer"
9. Designer, Marc __
10. Toronto's DVP = __ __ Parkway
11. __ fruit
12. Prefix with 'red'
13. Behold
19. Space: Primordial matter
21. "____ calm down." (Breeeathe)
25. Strong wood
26. Q. "Is '__' _ sound owls make?" A. "Indeed."
28. Shortly
30. Cap
32. Canadian movie for Samuel L. Jackson, "The __ __" (1998)
34. Barely get by
35. Ms. Moore
37. Footloose's friend
38. Plod wearily along
40. Money exec
41. Like some sports stadiums
42. Pen
47. CCR tune
49. "The __ Trap" (1998)
51. Certain condiment
52. Internet-sent invitation
54. Beatles' "Any Time __ __"
55. Pang
57. British singer Leo
59. Nastase of tennis
60. Dame Everage link
61. Neap __
62. Critical comment
64. 'Euclid' suffix

Friday's Crossword

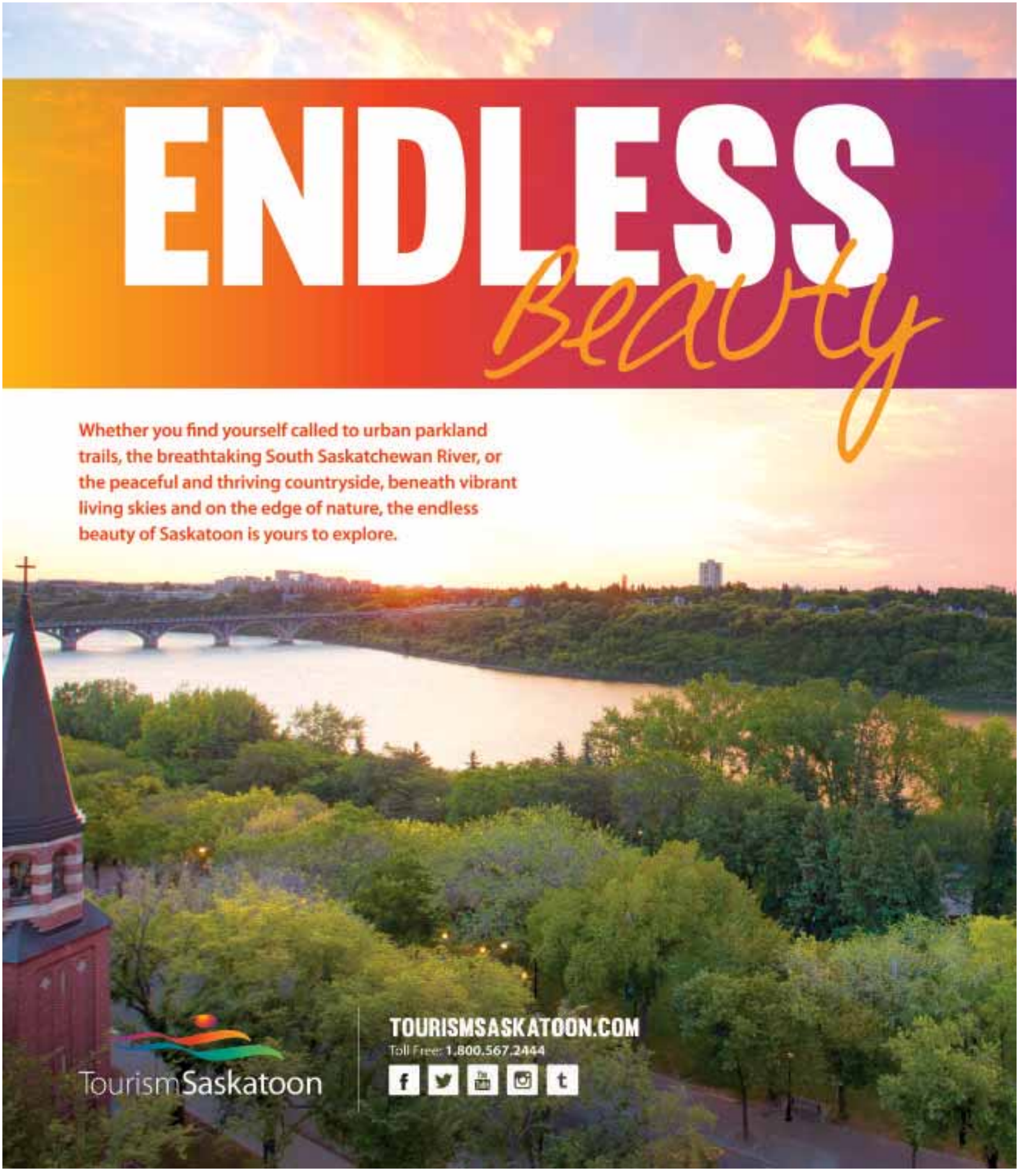


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3			6		
3	8						5	
		4			9		3	
	7	9	2	1			4	
5								7
	6			4	8	1	9	
	9		1			7		
	3						6	8
		7			2			

Friday's Sudoku


ENDLESS
Beauty
Whether you find yourself called to urban parkland trails, the breathtaking South Saskatchewan River, or the peaceful and thriving countryside, beneath vibrant living skies and on the edge of nature, the endless beauty of Saskatoon is yours to explore.
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